

## BSRA Saturday Junior Squash Program 2010

The Saturday Squash Program is for children aged 7-14 yrs. It is divided into four skills graded sessions.

- 2-3pm Beginners
- 3-4pm Intermediate
- 4-5pm Advanced

Sessions will include individual & team matches, group training, rules, BIAS Skills awards, competitions and of course, lots of fun.

Please note the changes in times

### Application Form

Child's Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Mailing Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Emergency Contact:

Name \_\_\_\_\_

Telephone \_\_\_\_\_

H) \_\_\_\_\_ W) \_\_\_\_\_

E-mail) \_\_\_\_\_

### Declaration Waiver

I hereby waive and release any and all rights and claims for damages, howsoever caused, which I or the applicant may have against the BSRA, The Camp Director and the staff. I confirm the applicant to be of sound mental and physical health, capable of participating in the Camp. In the event of injury or sickness, the Director and his staff have permission to arrange for medical care.

Signed \_\_\_\_\_

Parent or Guardian



## BSRA Youth Club Program 2010

The Youth Club Program is open to girls and boys and aims to provide them with more court time to practice the skills and techniques learned in the Saturday sessions. The program offers 4 different sessions.

Tuesdays:

- 4 - 5pm Boys aged 7-11 years
- 5 - 6 pm Girls aged 7-11 years

Thursdays:

- 4 - 5pm Boys aged 11-16 years
- 4 - 5pm Girls aged 11-16 years

Please note the change to

Girls Club times on Thursday

The BSRA runs a series of tournaments throughout the year. The tournaments are free to enter and held for two different skill levels relating to the BIAS skills testing in the Saturday squash program.

- 2 - 3.30pm Beginner levels
- 3.30 - 5pm Advanced levels

Parents will be notified of the dates of the grand prix tournaments during the term.

Points will be awarded at the end of each tournament. These points will be collated after the last event in December and prizes awarded at the BSRA Junior Christmas party.

Sign up sheets will be at the club prior to each event.



*Junior Squash Program  
Jan-Mar  
2010*

**BSRA Squash Club  
Middle Road  
Devonshire**

[www.bermudasquash.com](http://www.bermudasquash.com)

Tel: (441) 292 - 6881

Fax: (441) 295 - 8718

E-mail: [patrickf@bermudasquash.com](mailto:patrickf@bermudasquash.com)

## Aims of the program

The aims of the BSRA Junior Program are as follows:

- Introduce young people to the sport of squash;
- Create a fun atmosphere in which young people will develop their skills, technique, tactical abilities and healthy sporting attitudes;
- Provide opportunities for them to compete as individuals and team members in junior leagues and tournaments;
- Encourage them to play in senior leagues and tournaments;
- Provide opportunities for them to compete in international competition;
- Encourage them to fulfill their sporting potential, in a drug-free environment.
- Use the BSRA Junior Program as a springboard for senior competition in World Class events, i.e. Commonwealth Games and World Championships.

BSRA Saturday & Youth Club Program 2010

Term Starts:

Saturday 9th Jan

Term Ends:

Saturday 27th Mar

Program Breaks:

**The junior program is subject to change at any time due to BSRA Member tournaments and events.**

**All junior members & parents will be informed of any changes via email as soon as possible.**

**Saturdays when there is NO SQUASH are listed below:**

FEB 13th

FEB 20th

Due to the Digicel National Squash Championships



## Price list

Please Tick

BSRA Junior Membership: \$82.00

BSRA Saturday Program: \$100.00

(Includes Saturday Program & Youth Club)

Protective Eyewear: \$25.00

Total Enclosed - \$

*Cheques should be made payable to 'BSRA'*

**Full Payment must be made**

**at the start of term**



## BSRA National Squad Program 2010

The BSRA National Squad Program is the pinnacle of junior squash in Bermuda. The top 4 ranked juniors in each age group are selected to train with Bermuda National Team Coach, Denise Sommers on a weekly basis. These squads focus on match play, tactics, physical & mental conditioning all in preparation for competing for National representative teams in international competition.

For more information on the BSRA National Squad Program contact Denise Sommers on 292 -6881 or email [dsommers@bermudasquash.com](mailto:dsommers@bermudasquash.com)

Phone: (441) 292-6881

Fax: (441) 295-8718

Email: [patrickf@bermudasquash.com](mailto:patrickf@bermudasquash.com)

